

Pickwick Ice Academy is now a proud member of

LEARN TO SKATE USA

To Join our **LEARN TO SKATE USA Basic Skills program**

Please go to: learntoskateusa.com

ACADEMY: 2018 AUTUMN SEMESTER

SEPTEMBER 26 - DECEMBER 15

12 WEEKS - \$ 204.00

All participants MUST be members of

LEARN TO SKATE USA

To join please go to:

learntoskateusa.com



FAST TRACK



2018 AUTUMN SEMESTER

12 WEEKS

INCLUDES:

- (3) - 30 Minute classes per week.
- (12) - Additional Public Session passes.

A \$780.00 VALUE FOR \$390.00

Family discount / coupon is not valid with this offer.

NO REFUNDS OR EXCHANGES.

ACADEMY CLASSES

SNOWPLOW SAM - DISCOVER, LEARN & PLAY

The Snowplow Sam levels are introductory classes divided into 4 progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children 6 and younger develop the ABC's of movement - Agility - Balance - Coordination and Speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

CLASS LEVEL

CURRICULUM

DAY

CLASS TIME

| | | | | |
|-----------------------|---|-----|-----------------|--|
| SNOWPLOW SAM 1 | Off-ice orientation prior to the first class. | | | |
| AGES 3-6 | A. Sit and stand up with skates on - off-ice. B. Sit and stand up - on ice. C.a March in place. D. March forward (8-10 steps) E. March, then glide on two feet. F. Dip in place. | WED | 4:30pm - 5:00pm | |
| | | FRI | 4:30pm - 5:00pm | |
| | | SAT | 1:15pm - 1:45pm | |
| SNOWPLOW SAM 2 | A. March & long glide. B. Moving Dip. C. Backward walking toes turned inward. D. Backward wiggles. E. Forward swizzles (2-3). F. Beginning snowplow stop. G. 2-foot hop. | | | |
| AGES 3-6 | | WED | 4:30pm - 5:00pm | |
| | | FRI | 4:30pm - 5:00pm | |
| | | SAT | 1:15pm - 1:45pm | |
| SNOWPLOW SAM 3 | A. Forward skating. B. Forward 1-foot glide (R & L). C. Forward swizzles (4-6). D. Backward swizzles (2-3). E. Moving forward snowplow stop. F. Curves. | | | |
| AGES 3-6 | | WED | 4:30pm - 5:00pm | |
| | | FRI | 4:30pm - 5:00pm | |
| | | SAT | 1:15pm - 1:45pm | |
| SNOWPLOW SAM 4 | A. Forward skating. B. Backward 2-foot glide. C. Backward swizzles (4-6). D. Rocking-horse. E. 2-foot turns forward to backward. F. 2-foot hop in place. | | | |
| AGES 3-6 | | WED | 4:30pm - 5:00pm | |
| | | FRI | 4:30pm - 5:00pm | |
| | | SAT | 1:15pm - 1:45pm | |

Basic Skills - FUNdamentals

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, crossovers and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

Discover, Learn and Play - Basic 1 & 2: These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

FUNDamentals - Basic 3-6: These levels develop all of the fundamental skating skills on the ice. Focus is on learning the ABCs of basic athleticism: Agility, Balance, Coordination and Speed. Upon completion of these levels, skaters will be able to confidently advance to more specialized areas of skating.

Off-ice orientation:

Equipment check: proper fit and lacing of skates, appropriate attire, safety helmets.

Practice falling and recovery, marching in place, dips and 1-foot balances in skates.

Practice falling and recovery, marching in place, dips and 1-foot balances in skates.

| CLASS LEVEL | CURRICULUM | DAY | CLASS TIME | |
|----------------|--|-----|-----------------|--|
| BASIC 1 | A. Sit on ice and stand up. | | | |
| (ages 7 & up) | B. March forward. C. Forward 2-foot glide. D. Dip. | WED | 5:10pm - 5:40pm | |
| | | FRI | 5:10pm - 5:40pm | |

| | | | | |
|----------------|--|------------------------------|--|--|
| | <p>E. Forward swizzles (6-8) F. Backward wiggles. G. Beginning snowplow stop Bonus skill: 2-foot hop in place.</p> | SAT | 1:15pm - 1:45pm | |
| BASIC 2 | <p>A. Scooter pushes - R & L B. Forward 1-foot glides - R & L. C. Backward 2-foot glide. D. Rocking-horse. E. Backward swizzles - 6-8 F. 2-foot turns in place. G. Moving snowplow stop. Bonus skill: Curves.</p> | <p>WED FRI SAT</p> | <p>5:10pm - 5:40pm 5:10pm - 5:40pm 1:15pm - 1:45pm</p> | |
| BASIC 3 | <p>A. Beginning forward stroking. B. Forward half swizzle pumps on a circle. C. Moving forward to backward 2-foot turns. D. Beginning backward 1-foot glides -R & L. E. Backward snowplow stop. F. Forward slalom. Bonus skill: Forward pivots</p> | <p>WED FRI SAT</p> | <p>5:10pm - 5:40pm 5:10pm - 5:40pm 1:15pm - 1:45pm</p> | |
| BASIC 4 | <p>A. Forward outside edge on a circle - R & L. B. Forward inside edge on a circle - R & L. C. Forward crossovers. D. Backward half swizzle pumps on a circle. E. Backward 1-foot glides - R & L. F. Beginning 2-foot spin - 2 revs. Bonus skill: Forward Lunges.</p> | <p>WED FRI SAT</p> | <p>5:10pm - 5:40pm 5:10pm - 5:40pm 1:15pm - 1:45pm</p> | |
| BASIC 5 | <p>A. Backward outside edge on circle - R & L. B. Backward inside edge on circle - R & L. C. Backward crossovers. D. Forward outside 3-Turn R & L. E. Advanced 2-foot spin - 4-6 revs. F. Hockey stop. Bonus skill: Side toe hop - R & L.</p> | <p>WED FRI SAT</p> | <p>5:10pm - 5:40pm 5:10pm - 5:40pm 1:15pm - 1:45pm</p> | |
| BASIC 6 | <p>A. Forward inside 3-Turn R & L. B. Moving backward to forward 2-foot turn. C. Backward stroking. D. Beginning 1-foot spin - 2-4 revs. E. T-stops R & L. F. Bunny hop. G. Forward spiral on a straight line - R & L. Bonus skill: Shoot-the-duck.</p> | <p>WED FRI SAT</p> | <p>5:10pm - 5:40pm 5:10pm - 5:40pm 1:15pm - 1:45pm</p> | |

Adult - Beginner to advanced

The Adult curriculum is designed for both beginning and experienced adult skaters who wish to improve their skating skills. Participation in the program will help promote physical fitness and improve balance and coordination while teaching proper skating techniques. This is an exciting program for people who look to skating as an enjoyable part of a fit and healthy lifestyle.

Divided into six levels from basic skating to more advanced skills, adult skaters will progress at an individual rate while being challenged and motivated. Based on prior skating experience, adults may choose to begin at the level that best matches their skill base.

Off-ice orientation:

Equipment check: proper fit and lacing of skates, appropriate attire, safety concerns.

Practice falling and recovery, walking in place, knee bends and 1-foot balances in skates.

| CLASS LEVEL | CURRICULUM | DAY | CLASS TIME |
|-------------------------|--|------------|--------------------------------------|
| ADULT 1 | A. Falling and recovery on ice. B. Forward marching. C. Forward 2-foot glide. D. Forward swizzles 4-6. E. Rocking-horse. F. Dip. G. Forward Snowplow stop. | WED SAT | 8:30PM - 9:00PM 1:15PM - 1:45PM |
| ADVANCE ADULT | A. Forward and backward crossovers. B. Forward outside edges R&L C. Forward inside edges R&L D. Beginning three turns E. Beginning mohawks F. Beginning back outside and inside edges R&L | SAT | 12:15PM - 12:45PM |
| ADULT EDGE CLASS | | WED SAT | 8:30PM - 9:00PM 12:15PM - 12:45PM |

FREE SKATE

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps - all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as a bridge program, circuit classes or as an introductory training program. Instructors will focus on quality and mastery of skills.

| CLASS LEVEL | CURRICULUM | DAY | CLASS TIME |
|-----------------------|---|-------------------|---|
| PRE FREE SKATE | A. Forward inside open mohawk R & L. B. Bwd crossover to bwd outside edge. C. Bwd outside edge to fwd outside edge. D. 10 step Mohawk sequence. E. 1-foot Upright spin 3 revs. F. Mazurka R & L. G. Waltz jump. Bonus skill: Backward inside pivots. | WED FRI SAT | 5:40pm - 6:10pm 5:10pm - 5:40pm 12:15pm - 12:45pm |
| FREE SKATE 1 | A. Forward power stroking. B. Basic forward outside & inside consecutive edges. C. Backward outside 3-Turns R & L. D. Upright spin from back crossovers 4-6 revs E. Half flip. F. Toe loop. Bonus skill: Waltz jump-side toe hop-waltz jump or Waltz jump-ballet jump-toe loop sequence. | WED FRI SAT | 5:40pm - 6:10pm 5:10pm - 5:40pm 12:15pm - 12:45pm |
| FREE SKATE 2 | A. Alternating forward outside and inside spirals on a continuous axis. B. Basic Backward outside & inside consecutive edges. C. Backward inside 3-Turns. D. Beginning back spin 2 revs. E. Half Lutz. F. Salchow. Bonus skill: Variation of a forward spiral. | WED FRI SAT | 5:40pm - 6:10pm 5:10pm - 5:40pm 12:15pm - 12:45pm |
| FREE SKATE 3 | A. Alternating backward crossovers to back | | |

| | | | | |
|---------------------|--|-------------------|---|--|
| | outside edges. B. Alternating mohawk/ crossover sequence. C. Waltz 3-Turns. D. Advanced back spin with foot crossed. E. Loop jump. F. Waltz jump-toe loop or Salchow-toe loop. Bonus skill: Toe step sequence. | WED FRI SAT | 5:40pm - 6:10pm 5:10pm - 5:40pm 12:15pm - 12:45pm | |
| FREE SKATE 4 | A. Forward power 3-Turns. R & L. B. Waltz 8 C. Forward upright to backward upright spin. D. Sit spin. E. Half loop F. Flip jump. Bonus skill: Split jump, stag jump or split falling leaf. | WED FRI SAT | 5:40pm - 6:10pm 5:10pm - 5:40pm 12:15pm - 12:45pm | |
| FREE SKATE 5 | A. Backward outside 3-Turn R & L. B. 5-step mohawk sequence. C. Camel spin 3 revs. D. Waltz jump-loop jump combination. E. Lutz jump. Bonus skill: Loop-loop jump combination. | WED FRI SAT | 5:40pm - 6:10pm 5:10pm - 5:40pm 12:15pm - 12:45pm | |
| FREE SKATE 6 | A. forward power pulls R & L. B. Creative step sequence. C. Camel-sit spin combination D. Layback or attitude spin or crossfoot spin. E. Waltz jump-half loop-Salchow jump seq. F. Axel. Bonus skill: Backward outside pivot. | WED FRI SAT | 5:40pm - 6:10pm 5:10pm - 5:40pm 12:15pm - 12:45pm | |

HOCKEY

The Hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals to be successful in hockey practices and game situations.

Necessary equipment:

Hockey skates

HECC approved hockey helmet.

| CLASS | CURRICULUM | DAY | TIME | |
|-----------------|---|--------------------------------|---|--|
| HOCKEY 1 | A. Falling and recovery. B. Proper basic hockey stance. C. March forward across ice. D. 2-foot glides & dips. E. Forward swizzles 4-6. F. T-push to a 2-foot glide | WED SAT | 5:10pm - 5:40pm 12:45pm - 1:15pm | |

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|-----------------|---|----------------|---|--|
| | G. Snowplow stop. Bonus skill: front-back and back-front turns | | | |
| HOCKEY 2 | A. Forward strides using V-push. B. Forward 1-foot push and glide C. Forward alternating C-cuts D. Backward hustle or march then glide. E. Backward swizzles 4-6 F. Backward alternating C-cuts G. Moving Snowplow stop. Bonus skill: Scooting or skateboard push | WED SAT | 5:10pm - 5:40pm 12:45pm - 1:15pm | |
| HOCKEY 3 | A. Lateral crossover march. B. Forward C-cuts on a circle. C. Forward outside edges on a circle. D. Forward inside edges on a circle. E. Backward C-cuts on a circle. F. Backward snowplow stop. G. 1-foot moving snowplow stop. Bonus skill: Fwd stops and starts. | WED SAT | 5:40pm - 6:10pm 12:45pm - 1:15pm | |
| HOCKEY 4 | A. Quick starts. B. Backward 1-foot glides R & L. C. Forward crossover glides. D. Backward crossover glides. E. Forward crossovers. F. Backward crossovers. G Hockey stops. Bonus skill: Fwd -bwd Mohawk pivots R & L. | WED SAT | 5:40pm - 6:10pm 12:45pm - 1:15pm | |

BALLET & STRETCH CLASS

KIDS AGE 5 - 12

SEPTEMBER 26 - DECEMBER 15, 2018

| | | |
|--------------------|--------------------------|----------------------------|
| WEDNESDAYS: | 6:15PM - 6:45PM | 12 WEEKS - \$168.00 |
| SATURDAYS: | 11:30AM - 12:00PM | 12 WEEKS - \$168.00 |

AGES 13 - ADULT

SEPTEMBER 26 - DECEMBER 15, 2018

| | | |
|--------------------|--------------------------|----------------------------|
| WEDNESDAYS: | 6:45PM - 7:15PM | 12 WEEKS - \$168.00 |
| SATURDAYS: | 11:30AM - 12:00PM | 12 WEEKS - \$168.00 |

\$20.00 Off Ballet class fee with Academy skating class enrollment!

